

Tune Into Life Course Health

OVERVIEW FOR PROVIDERS

TUNE INTO LIFE COURSE HEALTH

Tune Into Life Course Health is a program for providers that incorporates TUNE resources—a new initiative targeting young adults using a Life Course Health model. Our goal is to have you help educate and encourage young women and men to make healthy choices and decisions earlier in their lives. Staying in school, healthy behaviors, setting goals, and understanding health risks will improve future health and chances for success in all aspects of life. It will also better prepare young adults for their future role as parents.

LIFE COURSE HEALTH

Life Course Health is a model that explains how all aspects of a person's life has an affect on their future health. In Life Course Health, there is not only a focus on physical health, but emotional well-being as well. Our personal behaviors, our social networks, our socio-economic status, and more can all have an effect on our lifelong health. We need to focus on the idea that what I do today will affect who I am in the future and also the future generation.

PRECONCEPTION HEALTH

Preconception health is an important facet of Life Course Health. The main concept is that you need to be in the best possible health before you start a family. Preconception health focuses on a young female's health before she gets pregnant and assesses the conditions and risk factors that could affect a woman if she becomes pregnant.

Many factors can affect a pregnancy. These may include nutrition, weight, folic acid, domestic violence, alcohol and tobacco use, previous medical conditions, vaccinations, infections, family health history, and overall emotional health.

LIFE COURSE HEALTH PLAN

A Life Course Health plan is a tool that allows women and men to think about how today's actions influence tomorrow's outcomes. Topics in a health plan include goal setting, personal habits, emotional health, relationships, personal safety, personal and family health history, and family planning.

The Life Course Health plan can start some important discussions and ongoing conversations. For some young women and men, this health plan becomes a set of decisions and goals that are mapped out and used as a guide.

TUNE

TUNE is a new initiative based upon research with Nebraska women ages 16 to 25. TUNE uses original music to engage young women and men and encourage them to learn more about Life Course Health. Through music, we are bringing information to young adults in a new way that will help them connect to different health topics. TUNE emphasizes five areas of health: physical health, emotional well-being, friends and family, dating, and education. As a provider, you can use the TUNE resources to help introduce the ideas of Life Course Health to young women and men.

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RESOURCES

Many tools were created to assist providers in their outreach to young adults. These include the TUNE website www.tunemylife.org, music videos with discussion guides highlighting a variety of health topics, a Life Course Health plan, Life Course PowerPoint and discussion guide, and a resource library for providers. All materials are available online at www.dhhs.ne.gov/tune.

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